

9 Achan Thong's Teachings

“What is the present moment? It is to focus on what we do now. We don't think about the past. We don't think about the future. We concentrate on what we do at present. We are doing good today. Be determined in your (meditation) practice. It is today's virtue. We are determined to do good now. We don't think about bad deeds of the past.”

Achan Thong

“In brief, all dhamma is in the faculties (or sense-fields) as the mind is the center of everything: it is the mind that sees, it is the mind that hears, it is the mind that smells, it is the mind that tastes, it is the mind that knows about the body, it is the mind that knows about the mind, it is the mind that thinks good, and it is the mind that thinks bad. If we can control the mind, enlightenment can be attained in the faculties through acknowledging the postures or activities.

Bahiya, a Layman, heard Lord Buddha's sermon about the faculties: when you see, just see; when you smell, just smell; and so on. When Bahiya had heard this, his defilements were extinguished. Thus, the power of the four postures and the six faculties is supreme important. Be heedful."

Achan Thong

"Lord Buddha asked a monk who had formerly been ordained in a non-Buddhist sect, 'How did your doctrine deal with the six faculties in practice?' The monk answered that one had to close the eyes completely, close the ears completely, close the nose completely, close the tongue completely, close the body completely, and close the mind also. Lord Buddha responded that the practice of faculties in our religion is to have them open but to close them with mindfulness. Closing them with mindfulness is a fine contribution to dhamma practice."

Achan Thong

"The rising is the body. The falling is the body. Knowing the rising/falling is the mind. Knowing the rising/falling is knowing the body/mind. The body/mind are dhamma. Knowing the rising/falling is knowing dhamma. Knowing dhamma is knowing the Buddha. Because the rising/falling is dhamma, seeing the rising/falling is considered as seeing dhamma. Seeing dhamma is seeing the Buddha: they are the same. Buddha means the knowing one and the awakened one. Knowing what? Knowing the rising/falling. What is knowing? It is knowing the rising/falling. What is to be awakened? It is to be awakened with mindfulness. When we know the body/mind, we have the body/mind as the mind-objects. In this way we are mindful, becoming an awakened one."

Achan Thong

We are on great reflection when we put on the shawl with mindfulness. When we carry the bowl and wear the robe, we must be mindful. We must contemplate -- but not as we do in minor reflection. That is, we do not contemplate that the robe is to prevent shame (from being naked). That is no great reflection. Instead, we have to consider with mindfulness that there is no "we." We have to be mindful, not being attached to the concept of "we" or "they."

Achan Thong

